

Hypnosis and Meditation

“Just an innocent heart is needed for meditation. And hypnosis can cleanse your heart and can bring you into the state of a small child.”

New to meditation? Then you'll know how hard it can be to attain a state of peaceful serenity when your mind keeps reminding you of all the things you ought to be doing. Or perhaps you're doing your best but not getting anywhere with it?

Help is at hand!

“You meditate, but you don't succeed. You don't succeed in watching; you get mixed up with thoughts, you forget watching. You remember later on, ‘I was going to watch, but I am thinking.’ Hypnosis can help you; it can make the watcher and the thoughts separate.

“For spiritual growth I don't think there is anything more important than hypnosis.”

A popular way to stop smoking or to lose those few extra pounds, hypnosis can also be an effective tool for meditation. The link between the two, using hypnosis as a door to meditation, has not long been recognized, yet Osho has often spoken of the usefulness of this simple method.

“If you are finding difficulty in meditation, then first go through hypnosis so that it gets deep into your unconscious that meditation is a simple thing and you are perfectly capable of it. Hypnosis can create that conviction in you. And then sitting you will simply go into meditation without any difficulty, because your whole unconscious will be supporting it; there will be no opposition, no objection.”

But isn't that cheating? Isn't hypnosis messing with your head?

“The secret of hypnosis is that it takes you to the unconscious, and then you can put the seed of anything in the unconscious, and it will grow, blossom. The blossoming will happen in the conscious, but the roots will remain in the unconscious.

“As far as I am concerned, hypnosis is going to be one of the most significant parts of the mystery school. Such a simple method, which only demands a little trust, a little innocence, can bring miraculous changes in your life – and not in ordinary things only. Slowly it can become the path of your meditation.”

Hypnosis relaxes the body and it relaxes the mind. The more relaxed we are, the better we feel, and the better we feel, the more relaxed we are. As we allow this natural, “virtuous circle” to unfold, the unconscious parts of our mind can take advantage of this relaxation and become re-integrated into our life.

“Hypnosis can be certainly used. Here we are going to create a school for hypnosis, where you will be able to learn how to auto-hypnotize yourself so you don't have the dependence on the hypnotist. And then you can use that auto-hypnotizing process for meditation.

“This is a pioneer effort to bring hypnosis and meditation together for the first time. But together they can be tremendously great. They can bring you so much light, so much blissfulness – and so easily. I like to repeat Chuang Tzu's statement, ‘Easy is right; right is easy.’ I don't want you to become unnecessarily self-torturing, following unnecessarily long, arduous ways to come to yourself.

“You don't have to go anywhere.

“I want to teach you the great pilgrimage from here to here. I want you to learn the art of reaching to God singing, dancing, rejoicing.

“Laugh your way to godliness.

“In essence that is my teaching.

“And it is possible, with the help of hypnosis, to make meditation the easiest process.”

So it really is a win-win situation : "**Remember, meditation** will bring you more and more intelligence, infinite intelligence, a radial intelligence. Meditation will make you more alive and sensitive; your life will become richer.”

OSHO

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